



Memorial Day weekend is a busy time for the Hoosier state. From honoring those who gave their life serving in the armed forces to attending the historic Indy 500 race, this holiday weekend is jam-packed with fun activities.

OUTDOOR COOKING

Cooking out is a common activity during Memorial Day weekend, which means the possibility of cooking fires. The following tips can help reduce that possibility.

- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Avoid placing the grill on dry grass or leaves. A possible stray spark may catch them on fire.
- Never leave an outdoor charcoal or gas grill unattended. Flames could become uncontrollable and start a large fire.
- If using a charcoal starter fluid, never add it to a flame. The liquid could cause a flare up and cause an injury.

FIREWORKS SAFETY

More than one-third of all reported firework-related injuries were to hands or fingers. If fireworks are part of the planned festivities keep a few guidelines in mind.

- Use extreme caution when lighting fireworks in the wind. Keep spectators where the wind is blowing away from them.
- Never smoke or consume alcohol when lighting fireworks.
- Store fireworks in a cool, dry place away from the reach of children.
- Only light one firework at a time and never attempt to re-light or fix a “dud” firework.

ALCOHOL SAFETY

High temperatures and alcohol are not a good combination, and with May 2018 setting a new heat record, there is a chance the holiday celebrations are anything but fun. Follow the tips below to help prevent alcohol poisoning and other injuries.

- Pace alcoholic drinks throughout the event, and consume a glass of water between every drink. Heat and alcohol dehydrates the body, making it more prone to heat illnesses and alcohol poisoning.
- Do not operate a grill or campfire while intoxicated. Alcohol can impair movements and mental faculties, which makes performing potentially dangerous activities even more dangerous.
- Pay attention to the surroundings, if someone is attempting to drive drunk, stop them and call a taxi or loved one.
- Never leave drinks alone or accept a drink from a stranger to help prevent the chance of consuming a drugged beverage.

ALCOHOL POISONING AND SYMPTOMS

Symptoms and warning signs of alcohol poisoning varies based on the person's sex, age, health, diet and how much alcohol was consumed.

- Confusion
- Vomiting
- Seizures
- Slow breathing, less than eight breaths a minute
- Irregular breathing, a gap of more than 10 seconds between breaths
- Blue-tinged skin or pale skin
- Unconsciousness

TRAVEL SAFETY

- Before every trip, mechanics should check the vehicle's brakes, heater, defroster, tires and windshield wipers.
- If traveling with children, remind them to not speak to strangers and a responsible adult should be with them at all times.
- Before leaving, check weather reports on local TV news stations and check the county travel status map.
- Pay attention to and follow instructions shared by the flight attendants. In case of an emergency, or to help prevent one, their instructions are important to follow.
- Making copies of important identification, such as passports and licenses, helps the replacement process if they get lost.

